**Day 8: Fifth Day of Riding, Monday Nov. 10th (3 emails)**

Shomrim/ signed-up for the ride

Dear Friends,

I am elated to share with you that I have finished the Israel Ride. It was amazing! I rode approximately 150 miles over the last week, traveling from Jerusalem to Eilat with 165 riders and 50 staff and crew. During the journey I was able to explore the breathtaking landscape of Israel from the seat of a bike. This morning we explored a geological park by bike, and finished the Israel Ride with an amazing descent into Eilat, and a route along the coast to our hotel on the Egyptian border.

This week has increased my connection to the state of Israel and broadened my understanding of the region, as I met Israelis, Palestinians and Jordanians working towards peace, environmental sustainability and regional cooperation. I will return home with new insights, new friends and an exceptional way to stay connected to Israel in the months and years ahead.

I thank you for supporting and encouraging my participation in the 2014 Israel Ride. I have already signed-up for the 2015 ride and I encourage anyone who is interested to join me on this truly exceptional life experience!